

Piedmont Cheer Rules

Purpose:

It shall be the purpose of the cheerleaders to promote and uphold school spirit, project positive role models, build team skills, develop and maintain a good sense of sportsmanship and to better the relationship between schools with which we compete.

Selection of Cheerleaders:

- Judging is to be by an appointed committee composed of outside judges.
- The number of cheerleaders selected for each grade will be determined by the Board of Directors based on score.
- Each student will be identified by number rather than by name.
- The cheerleaders who are selected will be notified via email using their identification number.

Requirements for Cheerleaders:

- Selection is made upon characteristics necessary for being a good cheerleader: enthusiasm, voice, appearance and coordination. Each cheerleader will be required to do a cheer, chant, two jumps, a dance and tumbling (tumbling based on availability of mats and the board's confidence of safety).
- Cheerleaders must have AND maintain a "C" average in the following classes: Language Arts, Math, Science and Social Studies. This is from the time report cards are checked at the parent meeting until the season ends. Tryout grades will be an average from the 4th and 5th six weeks. Conduct grades that fall below an "S" will be reviewed by the Board of Directors and could result in dismissal.
- Cheerleading is a COMMITMENT and takes TOP PRIORITY during football season. School affiliated events will be an excused absence.
- Each cheerleader must be willing to obey policies and directions from the board or coaches.
- Any cheerleader who receives ISS or OSS will be brought to the board for review or dismissal.

- Attendance for camps is MANDATORY unless approved in advance by the board. An unexcused absence from camp will result in demerits.

Uniforms:

- Each cheerleader must purchase and maintain their uniform. Uniforms should be cleaned after each game.
- Uniforms are to be worn only when cheering or acting as a representative of the school.
- NO jewelry will be allowed other than post earrings while in uniform for games or competition. A watch may be worn when the uniform is worn on a school day, not a game day.
- Each cheerleader should keep their appearance neat and clean. All hair should be pulled back off the face for games and practices, for stunting and safety. Hair may not be dyed, partially or complete, any color except those that are natural.
- Cheerleaders will not wear excessive makeup. Cheerleaders may not have body graffiti written on them (gel pen markers, writing pen, temporary tattoo, etc.) while in uniform.
- Cheerleaders will need to have SHORT FINGERNAILS & NO ACRYLICS during the cheering season. Only clear polish may be worn while in uniform.
- THE CORRECT AND COMPLETE UNIFORM MUST BE WORN TO SCHOOL AND GAMES. NO EXCEPTIONS!!
- Each cheerleader must purchase any camp wear that is selected by the Board of Directors to be worn at practices.

Practice Sessions:

- Weekly practice will take place on Tuesdays and Thursdays when the school year begins. Practice will begin promptly at 3:30 pm and end promptly at 5:30 pm (unless you are notified prior to practice by coaches). Demerits will be given if coaches have to wait for a parent to provide transportation.
- Each cheerleader must be on time for practice and attend the entire practice. If practice is missed, it is the cheerleader's responsibility to learn any new material before the next practice or game.

- Each cheerleader must give 100% at each practice. Failure to do so will result in sitting out for the first quarter of the next game.
- Excused absences from practice or camp constitute illness, family death, extenuating circumstance or a school affiliated event as mentioned.
- Any medical or dental appointments, other than emergency, should be scheduled at other times than scheduled practice or game times.
- An unexcused absence warrants 2 demerits.
- Failure to cooperate with the squad, coaches and/or a Board of Directors will result in demerits.
- PHS Varsity Cheerleading Camp is mandatory. Excused absences from the camp, other than the reasons listed above, must be pre-approved by the Board of Directors.
- Coaches may require additional practices when deemed necessary and additional time may be added to the practices held during the summer and/or school year. The coaches will notify each cheerleader of any additional practice.
- Parents and siblings are not allowed to stay for practices. Your child will do better when they can practice giving their undivided attention to the squad.
- Practices will have a dress code including shirts with sleeves (while school is in session, tank tops during voluntary workouts (no spaghetti straps), cheer shoes (or other tennis shoes for non-flyers) and Soffe shorts (no compression or running shorts will be allowed).

Games:

- Excused absences from a game constitute illness, family death, extenuating circumstances, or absence pre-approved by the board.
- Excuses must be given to the coach by the parent/guardian.
- Long term illness requires a note from a physician.
- A parent and/or responsible party must be present at all games and competitions in the event of injury.

Game Behavior:

- Cheerleaders will maintain dignity at all times
- Cheerleaders will do everything as a unit.

- Cheerleaders will not display undesirable emotions, such as anger, rage, etc. at anytime while in uniform.
- Cheerleaders must display good sportsmanship at all times.
- Cheerleaders will not shout at game officials at anytime.
- Cheerleaders should arrive READY to cheer 6th- 30 minutes prior to game time, 7th and 8th- 45 minutes prior to game time in the event the game starts early. (Late arriving cheerleaders WILL receive demerits).
- Cheerleaders will cheer during various weather situations. Prepare for the weather! You will cheer if the football players are on the field playing.
- Cheerleaders may not leave their positions or squad to converse with spectators, friends, etc. during game time. Cheerleaders may not converse with the crowd from the cheer line.
- There will be no eating and drinking refreshments during playing time. WATER BOTTLES ARE ALLOWED AND ENCOURAGED. They will be given water breaks.
- Each cheerleader should be familiar with football rules and keep up with the game at all times.
- All cheerleaders will use the restroom before each game or after their halftime routine has been completed.

Cheering Procedures:

- All cheerleaders will do the cheers as called during the game WITHOUT argument. Learning the cheers prior to the games is the responsibility of the cheerleader.
- The squad will do all things as a unit at practice and games.
- Coaches and the Board of Directors have final discretion on stunts. Stunting is very serious and will only be performed by the cheerleader that demonstrates she understands the seriousness of the activity. Stunting will only be done under the supervision of a coach or board member. ANY CHEERLEADER STUNTING WITHOUT SUPERVISION AT A GAME OR PRACTICE WILL BE GIVEN DEMERITS. NO WARNINGS!

General Behavior:

- Each cheerleader is a representative of Piedmont Cheer at all times, in or out of uniform.
- There will be NO public displays of affection at school or games during the football season while in uniform. This will constitute demerits.
- Cheerleaders who smoke, vape, drink alcohol, or use illegal drugs at anytime will result in IMMEDIATE DISSMISSAL.
- Cheerleaders will not use profanity, obscene gestures or language during practice, games or at anytime while representing Piedmont Cheer.
- Undesirable behavior will be punished by demerits or dismissal. This also applies to social media.

Parent Behavior:

- Parents agree to provide support, care and encouragement of all cheerleaders while participating in our cheer program.
- Parents will encourage good sportsmanship by demonstrating respect and positive support of all cheerleaders, coaches and parents at games, practices and other events.
- Parents will carefully review the rules and regulation with their child and adhere to the rules.
- We encourage communication between parents and coaches; however please make sure this happens before or after games and practices not during.
- If a parent approaches a coach or board member in an aggressive manner, verbally or physically, this could result in your child's dismissal from the squad.
- Parents understand that a violation of these rules may result in the suspension or termination of their child's participation in Piedmont Cheer.

Transportation:

Parents must provide all transportation to/from practice and games at the designated times. Drop off and pick-up times are expected to be adhered to. If the person picking up your child is 15 minutes late, this will result in demerits.

BULLYING:

ANY CHEERLEADER PARTICIPATING IN THE BULLYING, HARRASSMENT OR MALICIOUS GOSSIP OF A FELLOW CHEERLEADER OR STUDENT (INCLUDING THE USE OF SOCIAL NETWORKING SITES TO DO SO) WILL NOT BE TOLERATED. THIS WILL RESULT IN THE SUSPENSION FROM A GAME AND A MEETING WITH PARENTS, COACHES AND BOARD OF DIRECTORS. SECOND INFRACTION, YOUR CHEERLEADER WILL BE DISSMISED FROM THE SQUAD.

Demerits:

- Only coaches and/or Board of Directors will issue demerits. Cheerleaders receiving 5 demerits will be suspended for one game. Anyone receiving 10 demerits will be dismissed from the squad and will not be allowed to try out for Piedmont Cheer in the future.
- Any cheerleader who is suspended MUST attend games in complete uniform and sit with coaches.
- Parents may appeal demerits to the Board of Directors within one week of notice.
- Any cheerleader incurring demerits on the final game of the year will carry those demerits or game suspension over to the following season. IF it is your final season with Piedmont Cheer, your future coaches can be notified of behavior.

Demerit System

Undesirable Behavior (see game and general behavior):		2
Inappropriate display of affection seen by a coach or board member:		2
Disrespectful to Board of Directors, coaches, squad member or failure to obey instructions:		1
Smoking, vaping, drinking or illegal drug use:		Dismissal
Out of uniform at school, game or practice:	1 st	Warning
	2 nd	2
	3 rd	3 & suspended 1 game
	4 th	Dismissal
Failure to abide by transportation rules:	1 st	Warning
	2 nd and up	1
Stunting without proper supervision (all participants):		1
Profanity:		2
Bullying:	1 st	Suspended 1 game and meeting with parent/guardian, Coaches, and Board
	2 nd	Dismissal
Unexcused absence from game:		5
Unexcused absences from camp:		3
Unexcused absence from practice:		2
Tardiness or leaving a game or practice early without prior approval:		1
Less than a "C" average in Language Arts, Math, Science and Social Studies:		Dismissal
Any Conduct grade less than "S":		Dismissal
ISS or Bus Suspension:		Suspended 1 game
OSS:		Dismissal
<u>Parent/Guardian Behavior:</u>		
Inappropriate behavior by a parent/guardian towards a coach, board member or another cheerleader:		
	1 st	Cheerleader suspended 1 game
	2 nd	Possible DISMISSAL of cheerleader